



January 6, 2005

Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: IdeaSphere Inc.
150 Motor Parkway
Hauppauge, NY 11788

Text of statement being made: "advanced weight loss and fat burning formula"
"guarantees ripped abs"
"specifically formulated to target those stubborn fat storage areas"

Dietary supplement ingredients: Chromium, Free B-Ring Flavonoids, Flavans, Cocoa Seed Extract, Green Tea Leaf Extract, Caffeine, L-Carnitine, Cayenne Fruit Extract.

Dietary supplement brand and name: Twinlab RIPPED FUEL EXTREME CAPSULES

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that IdeaSphere Inc., has substantiation that the statements being made are truthful and not misleading.

Sincerely,

A handwritten signature in black ink, appearing to read "Myron Lyskanycz", written over a horizontal line.

Myron Lyskanycz
Vice President of Marketing
IdeaSphere Inc.

97S 0162

LET

15445

Enclosures